

MASKS ON OR OFF – optional

FULLY SANITIZED

AIR IONIZER USE TO HELP  
PURIFY THE AIR

\*SMALLER

\*HOMEY

\*NO MIRRORS

\*NO BRIGHT LIGHTS

\*NO JUDGEMENT

\*NO PRESSURE

**HOT YOGA** – Yoga in the heat  
and steam with power flow of  
poses. Glow-ga with black lights  
on.

ALL LEVELS!

**WARM & DYNAMIC YOGA**

Warm to 95 degrees use your  
own strength & power.

ALL LEVELS!

**YIN YOGA** – Slow yoga with poses  
held for longer times. ALL LEVELS!  
(ROOM TEMP)

**TRADITIONAL YOGA** – Yoga –  
stretch, breathe, balance with  
steady flow of poses in room temp  
studio. ALL LEVELS!  
(ROOM TEMP)

ALL CLASSES ARE ONLINE VIRTUAL  
OR IN STUDIO

ONLINE SCHEDULE -

[www.letitbeyoganm.com](http://www.letitbeyoganm.com)

MOVE YOUR BODY, DE-  
STRESS, BREATHE WELL &

FEEL GOOD!

# LET IT BE

# YOGA



6200 Coors Blvd. NW (Coors/Montano)

*Albertson's Shopping Center*

[www.letitbeyoganm.com](http://www.letitbeyoganm.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>9am-10am</b> Saturday Yoga Flow (ROOM TEMP) Gabby
<b>10am- 11am</b> HOT YOGA (HOT) Kassy		<b>10:30-11:30am</b> IYENGAR YOGA BASICS (ROOM TEMP) Mark		<b>10:30-11:30am</b> TRADITIONAL YOGA (ROOM TEMP) MARIA	<b>9am-10am</b> Warm & Gentle (WARM) Melora	<b>10:30-11:30am</b> Warm & DYNAMIC YOGA (WARM) Clarissa
	<b>6:15pm-7:15pm</b> HOT YOGA (HOT) Daly	<b>6:15pm-7:15pm</b> HOT YOGA (HOT) Clarissa	<b>6:15pm-7:15pm</b> Warm & DYNAMIC YOGA (WARM) Melora	<b>6:15pm-7:15pm</b> HOT POWER FLOW YOGA (HOT) Gabby	<b>6:15pm-7:30pm</b> YIN YOGA (ROOM TEMP) Erin	

**CONTACT US:**

Phone: 505.270.3316

Website: [www.letitbeyoganm.com](http://www.letitbeyoganm.com)

Facebook: Let it Be Yoga NM

Instagram: Let it Be Yoga

**PRICES:**

**DROP IN - \$20**

**5 CLASSES for \$75 (expiration six weeks)**

**Private 60 MINUTE Session - \$75**

**Private 90 MINUTE Session - \$110**

Your own customized class, or a private with your friends – birthday parties, company office activity, healthy team building.